



TOM FARLEY – IMPROV WORKSHOP

Yes, And DEFINED:

Yes, and is the golden rule of Improv. It implies that a participant in a performance (or in business, in a conversation) should ACCEPT what another participant has offered or stated (the “YES”), and then *expand* on that line of thinking (the “AND”).

It is also used in business to foster effective communication and the free sharing of ideas. *Yes, and* encourages people to listen and be open and receptive to the ideas of others. Suspending judgment of an idea (judgment does have its place, later in the idea generation process) enables the discussion of the idea to grow and expand – without limitations.

IMPROV GUIDELINES

Listen – Be present and aware

Defer Judgment – Accept the “potential” of ideas and opinions.

Reframe – Find the positive turn-around. Use what you have. Share focus and accept all styles.

Declare your point of view – Be authentic and clear. Speak your mind

Jump in – Develop a bias *toward* action. Avoid analysis paralysis.

Benefit 1: Increased awareness through Improv

- Portrays complex emotional issues in a safe environment
- People can talk about “character” when it’s difficult to talk about their own behaviors
- Characters provide a common reference point (as opposed to an individualized one)

Benefit 2: Practice new behaviors

- Role play workshops allow individuals to practice behaviors in SIMULATED reality
- If one behavior doesn’t work, another can be tried – without real consequences
- This is achieved while the group gives support and suggestions

GOALS

- Establish an atmosphere of trust
- Begin each session with a physical/mental warm up
- Encourage creativity and originality

OUTCOMES

- Working cooperatively to reach a common goal
- Accepting others (and other ideas)
- Communicating effectively

“Honesty is a large part of Improv... and it’s an essential part of recovery”

RESOURCES:

1. *Yes, And. Lessons from The Second City* by Kelly Leonard & Tom Yorton
2. *Truth in Comedy-The Manual of Improvisation* by Charna Halpern, Del Close, Kim “Howard” Johnson
3. Improv Encyclopedia – www.improvencyclopedia.org
4. *Innovation at the Speed of Laughter: 8 Secrets to World Class Idea Generation* by John Sweeney
5. *The Chris Farley Show, a Biography in Three Acts* by Tom Farley & Tanner Colby